

STAYING WELL

Cooking and Seasoning with Herbs

Herbs provide flavor and color that can enhance foods flavor and health benefits.

Herbs can be leaves, flowers, berries, stems, roots, or seeds of plants.

Try experimenting with fresh and dried herbs to season your foods without added salt. Use fresh when available at the Farmers' Market or check produce sections of grocery stores. In general use 3 times more fresh herbs than dried herbs.

Salt-Free Herb Blends

Directions: Combine the ingredients in a jar. Cover tightly and shake. Keep in a cool, dark dry place. Use in place of commercial mixes. Yield: 1/2 cup.

Mixed Herb Blend:

- 1/4 cup dried parsley flakes
- 2 tablespoons dried tarragon
- 1 tablespoon dried oregano
- 1 tablespoon dried dill weed

Try on fish, eggs, salads, meats and soups



Italian Blend:

- 2 Tablespoons dried basil
- 2 Tablespoons dried marjoram
- 1 tablespoon garlic powder
- 1 Tablespoon dried oregano
- 2 Teaspoons Thyme
- 2 Teaspoons crushed dried rosemary
- 2 Teaspoons crushed red pepper (optional)

Try with tomato sauce and vegetable dishes

Greek Blend:

- 3 Tablespoons dried garlic powder
- 3 Tablespoons dried lemon peel
- 2 Tablespoons dried oregano
- 1 teaspoon black pepper

Try on tomatoes, other cooked vegetables, salads, fish, poultry and soups

All-Purpose Blend:

- 2 Tablespoons garlic powder
- 2 Tablespoons onion powder
- 1 Tablespoons chili powder
- 1 Tablespoon paprika
- 1 Tablespoon dried parsley
- 1 1/2 teaspoons black pepper



Florence, Forest, Oneida & Vilas Counties

Florence Office: 715-528-5490, ext. 115; Forest office: 715-478-7793;

Oneida Office: 715-365-2750; Vilas office: 715-479-3702

FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply for food assistance or call 1-800-362-3002

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